Children's Hospital of Philadelphia PolicyLab

Mental Health Resources for Refugee Community Leaders

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Nearly 1 in 10 resettled refugees are affected by post-traumatic stress disorder (PTSD) and even though we know treatment is helpful and effective for adults with different trauma histories, preferred languages and cultural backgrounds, those in refugee and newcomer communities face many challenges in accessing mental health care.

Barriers include lack of information about existing services, fear and stigma, and insufficient use of interpreters and translators within the mental health system. Many of these issues have been amplified by the pandemic as isolation has made it more difficult to share information about emotional wellness and mental health providers have faced new challenges integrating language access with telehealth.

During this difficult time, refugee community leaders have played an even more critical role in reducing stigma, sharing information, and helping others in their communities navigate access to mental health care. As part of our Patient-Centered Outcomes Research Institute-supported project, our team of experts in mental health and wellness, refugee community services, and primary care are sharing resources for community leaders who are assisting refugee community members experiencing increased stress or trauma during the pandemic.

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